



spotlight on . . .

Violence in Our Community: an Editorial

April, 1988—A middle-aged man, a popular community leader from Holly Park, stands up to a young alleged drug dealer, telling him to get out of the neighborhood. The younger man, embarrassed, gets an automatic weapon from his car, chases the older man to a spot near Highland and Patton Streets, shoots him in the leg, pistol-whips him, makes him beg for his life, and then blows him away. An innocent bystander, a thirteen year old boy, is also wounded.

October, 1989—A man leaving a birthday party at the Neighborhood Center on Cortland Avenue sees two men sitting on the hood of a car, eating a pizza. He tells them to remove the pizza from his friend's car. They argue. The man's sister convinces him to back off, and go inside the building, which he does. One of the pizza-eaters takes out a handgun and shoots the man through the glass front door, wounding him in the arm. Another person becomes so upset over the incident, that he smashes the window of a neighborhood day care center.

November, 1989—A group of young men are hanging out at the corner of Moultrie and Cortland. They are approached by a drunk who taunts them with a racial epithet, and the battle is on, waged with sledgehammers and fists.

Almost everyone in Bernal Heights knows about these three dramatic and ghastly events. The everyday "little" violent incidents that we all have witnessed and experienced are just as horrible; the sidewalk harrassment, the ugly insult, the rude shove. We also know about the invisible spectre of domestic violence; the terrorized spouse, the abused child, the helpless grandparent.

This is just some of the violence that we have come to see as part of our daily lives. We lie in our beds at night and hear the sounds of gunshots, of screams, of roaring engines and screeching sirens. We ask ourselves, how much worse can it get? We demand more police protection, even though we know full well that the police can't be everywhere at once, and are not the solution to our social problems. We hold community meetings, petition our elected officials, form neighborhood watches, and hope for the best.

There are those who point to drug trafficking, the availability of guns, moral decay, violence on television and in the movies, or alcohol and drug abuse as being responsible. But violence has always

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The Earthquake

by Arthur B. Kalson

On Tuesday, October 17, 1989, at 5:04 pm, I was sitting at the kitchen table with my six-year-old daughter, helping her with her spelling homework. About twenty seconds later, I was cleaning up broken glass and hunting for candles and flashlights. My wife came home from work in about ten minutes, and the three of us hugged each other and danced for joy. Although we were all very frightened, we'd suffered only the most minor damage. We did turn our gas off as a precaution, and went without hot water for a week, but that was a minor annoyance. My family was safe and our house was still standing. We breathed a huge sigh of relief, and tried to get on with our lives.

In the days to come, I discovered that most of my neighbors had similar stories. Bernal Heights had been lucky, lucky, lucky:

June Keith, Manager, Coleridge Park Homes: "A lot of things fell . . . The residents were scared. They slept down here (in the lobby) . . . The building has a few minor hairline cracks. I'm just glad that it wasn't a lot worse."

Bob Basso, Owner, Pioneer Meat Market: "Pioneer Market was fortunate. We suffered minor damage. We lost one case of glass

. . . and two meat scales . . . fortunately none of our customers was injured."

Jamie Stiehm, Freelance Writer: "The whole neighborhood . . . gathered at the top of . . . Bernal Heights to see what we could see. There we all stood . . . looking down at San Francisco's hills and houses . . . just to make sure it was still there . . . The skyscrapers downtown were standing still, though my husband, who works on the 33rd floor of one, told me later that he feared his building was falling down. He said the sensation was like being 'on top of a slender tree during a howling storm.'"

Ruby Kalson-Bremer, age 6: "It felt like someone was hammering nails real fast into our house."

Jackie, Mission Street office worker and life-long Bernal Heights resident: "I was typing when the earthquake started. I didn't hear a rumble or anything. I got thrown backward off my chair and hit my head on

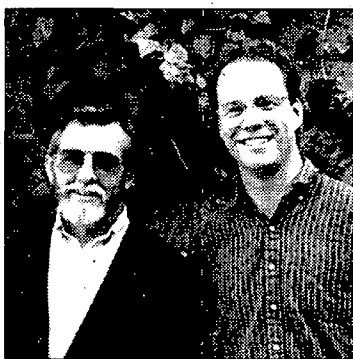


Destruction in the Marina (Reprinted with permission from Marina Times)

the desk behind me . . . I got under my desk, but it was the wrong move . . . my head and the floor decided they were going to go bouncing . . . I wasn't hurt. I was more concerned . . . about my mother at home . . . she was home by herself. I was just shuddering and sobbing . . . I was alone . . . The guy next door has a cellular phone . . . I called my mom . . . she was hysterical, my fifteen-year-old son was hysterical . . . my mom's 73 . . . she was in a daze. She just continued cooking on the stove. My son ran in and turned everything off, and took her out to the front doorway . . . When I got home, we could

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Cleaning Up After the "Little Big One"



Mike Noon and Sean Heron can help you rebuild.

Some Bernal residents, for fear of losing their homes, did not report damage suffered during the October earthquake. Mike Noon, Housing Rehabilitation Director, and Sean Heron, Housing Rehabilitation Assistant at the Bernal

Heights Community Foundation (BHCF), remind all neighborhood homeowners that they will be glad to perform first-time inspections at no charge, and with complete confidentiality.

"BHCF, as a housing development corporation, has a mandate to repair housing and assist homeowners," explains Noon. "We're not an agency. We're a private non-profit that can help people without any government agency getting involved. Bernal Heights did so well that it's unlikely there's any damage that would require evacuation or demolition."

"Our task is to help people stay in their homes here in Bernal Heights," adds Heron. "We have

a lot of technical expertise, consultants, and low- and deferred-interest loans to help pay for construction costs."

Heron and Noon warn against hiring unlicensed contractors. They recommend that you obtain at least three competitive bids, make certain the contractors are licensed by checking with the State Licensing Board, ask for references, and check with the local Better Business Bureau.

Damage doesn't have to be life-threatening or severe for people to be eligible for help through the Federal Emergency Management Agency (FEMA). There are also housing rehabilitation programs available to low-

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new Bernal Journal

515 Cortland Ave.
San Francisco, CA 94110
(415) 648-0330

The *New Bernal Journal* is an open forum of the community sponsored by the Bernal Heights Community Foundation. It is dedicated to providing the people of Bernal Heights with neighborhood news, ideas, issues, and events. Articles express the views of contributors and are not necessarily those of the Community Foundation.

Deadline for the February/March 1990 issue is January 10. We reserve the right to edit for clarity or space.

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Editor	Arthur B. Kalson
Senior Page Editor	Vicki Victoria
Design & Typography	PRINTZ
Photography	Stan Moore, Patti Levey
Printing	Howard Quinn Company
Advertising	ABK
Distribution	Marci Wilson, Mauricio Vela, and a cast of hundreds!
Contributors	Charles Bolton, Dorothy Coakley, Jeanette Conley, Barbara Garcia, Action Jackson, Tom Kellogg, Stella Loaisiga, Jessica Murray, Dory Oriola, Barbara Pitschel, Liza Rivera, Tamekao, Peggy Turnipseed, Vicki Victoria, Claudia Viek, Hortencia Zorroza.

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From the Editor

This issue of the *Bernal Journal* marks an exciting new direction. The paper has been completely redesigned to state-of-the-art desktop publishing standards. This has been accomplished through the generosity and hard work of the Bernal Heights Community Foundation, and Printz, a top graphic design company owned by Bernal Heights resident Michael J. Nolan. We believe that this "new look" is the first step toward accomplishing three major goals during 1990: to have greater control over the production process, to publish every month, and to publish in other languages in addition to English.

As we go through this transition, we would once again like to invite more participation from the community in the *Bernal Journal*. We need volunteer reporters, writers, translators, photographers, distributors, and advertising sales representatives. Most important of all, we want to hear from our readers. What do you like to read in the *BJ*? What do you dislike? What's happening in your neighborhood, in your block club, in your family? We want the *Bernal Journal* to be an informative, responsive and diverse community newspaper, but, to accomplish this, we need your help.

Finally, we'd like to send to all our Bernal Heights neighbors best wishes for a joyous holiday season, and hopes for a healthy and peaceful New Year.

Esta edición del *Bernal Journal* marca una nueva y excitante etapa. El periódico ha sido rediseñado

completamente para expresar el arte de la lectura en las publicaciones standards. Esto ha sido posible gracias a la generosidad y esfuerzos realizados por Bernal Heights Community Foundation y Printz, una compañía de alto diseño gráfico, propiedad del Sr. Michael J. Nolan, residente de Bernal Heights. Esperamos que esta nueva edición sea el primer paso para cumplir tres grandes metas en 1990, como son: tener mayor control sobre el proceso de producción, publicar cada mes y publicar en otros idiomas adicionales al Inglés.

Conforme vayamos experimentando esta transición, nos gustaría invitar nuevamente a la comunidad a participar en el *Bernal Journal*. Necesitamos reporteros voluntarios, traductores, fotógrafos, distribuidores, y representantes para promover la venta de anuncios. Lo mas importante de todo, y que nos gustaría escuchar de nuestros lectores. Qué le gustaría leer en el *BJ*? Qué no le gusta? Qué está sucediendo en su vecindario, en el club de su cuadra, en su familia? Nosotros queremos que *Bernal Journal* sea un periódico informativo, que responda a la comunidad, para lo cual, necesitamos su ayuda.

Finalmente, nos gustaría enviarle a todos nuestros vecinos en Bernal Heights, nuestros mejores deseos por una Feliz Navidad y un venturoso y próspero Año Nuevo.

traducción: Stella Loaisiga

Itong labasna ito ny pahayagang *Bernal Journal* ay nagmamarka ng bagong direksiyon. Ang mga papeles ay binago sa pinakaba-

gong arte sa pag-iimprenta. Ito ay nangyari dahil sa walang sawang paggawa at pagtulong ny Bernal Heights Community Foundation at Printz, pangunahing kumpanya sa "Graphics Design" na pagaari ng isang tiga Bernal Heights na si Michael J. Nolan. Naniniwala sila naitong "bagong anyo" na ito ang unang hakbang upang magampanan ang tatlong ambisiyon sa taong 1990 at ito ay (1) makontrol mabuti ang pagpapalabas ng pahayagang ito; (2) makapagpalabas ng pahayagang ito buwan-buwan; at (3) makapagpalabas sa ibang salita bukod sa Engles. Habang ginagawa ito, iniimb-tahan namin muli ang partisipasyon ng mga mamayan ng Bernal Heights. Kailangan namin ang tulong ng mga mamahayagan, manunulat, tagasalin sa ibang salita, potograpo, tagapangasiwa ng pagpapalabas, at agente ng pagbebenta.

Subalit and pinakamahalaga ay ang makarinig kami mula sa aming mambabasa--ano ang gusto ninyong mabasa? ano ang hindi ninyo naiibigan? Ano ang nangyayari sa inyong mga lugar? sa inyong Club at pamilya?

Gusto namin na ang *Bernal Journal* ay maging puno ng informasyon, makatulong sa pangangailangan ng ito ay magagawa sa pamamagitan lamang ng tulong ninyo, mga mambabasa. Kailangan namin ang tulong ninyo.

Pangwakas, ay binabati namin ang lahat ng naninirahan sa Bernal Heights ng maligayang bati sa Kapaskuhan at sana y maging mulusog at tahimik ang Bagong Taon.

marami salamad
Dory Oriola

Letters

Not Exclusively Homeowners:

I enjoyed reading about Holly Courts' trials and tribulations . . . in Oct/Nov *BJ*. It was well-written, and provided a good overview of the banding together of three neighborhood groups . . . However, you did refer to our South Bernal Neighbors' Association as a "Homeowners" organization. We are not and never will be exclusively homeowners. We are "residents", both owners and renters in the area . . . We do not want to be viewed as an exclusive elitist group.

Susan Meltesen
SBNA



The BHCF welcomes Mauricio Vela to our staff. As Assistant Executive Director/Community Organizer, Mauricio has already had a positive impact on the neighborhood. Good Luck, Mauricio!

Happy Birthday to Father James E. O'Malley of St. Kevin's Church, who turned a youthful 70 on October 27. His family, friends, and parishioners honored him with a gala celebration and a special Mass. We join in their good wishes.

A special thank-you to Diane Ross, who has captained our distribution network with skill and grace for many issues. Without her efforts, many of you would not have received your *Bernal Journal*. She leaves the task in the capable hands of Marci Wilson, who, along with a dedicated staff of volunteers, will keep things running smoothly.

Realtors: Bernal Property Values Unshaken by Quake

Real estate values in Bernal Heights will not be significantly affected by the Earthquake, according to neighborhood experts. Tony Bianco of Zephyr Realty, and Donna Roberts and Carl Flothow of Brown Bear Realty, are unanimous in believing that prices will flow with the market in general.

Tony Bianco has noticed that potential buyers who have been looking in other areas are now starting to ask specifically about Bernal Heights. "Nobody ever really asked questions about earthquake safety before, but from now on that's probably going to be a pretty stable part of the buying mentality." He also points out that other neighborhoods besides Bernal Heights came through the quake without much damage. They too will be getting some attention from potential buyers.

Carl Flothow feels that commuters from the suburbs, distressed by quake-related transportation problems, are now considering the southern fringes of the City. He also looks for an influx of new first-time buyers from out of state. "In San Francisco terms," says Flothow, "Bernal Heights is

a bargain." On the other hand, Flothow points to several negative factors: continuing drug activity, absentee landlords who



Carl Flothow and Donna Roberts of Brown Bear Realty

don't keep up their properties, and insufficient home improvements all tend to balance out any short-term interest in the neighborhood caused by the quake. "Besides," he adds, "Bernal Heights is not a well-known neighborhood."

Donna Roberts believes that "there are other parts of the city where it's feared that real estate values will fall. We are just fortunate that ours is not so affected. . . Bernal Heights is a wonderful place to live. Cortland

Avenue gets more and more interesting every year. . . The biggest problem we've had lately is so many young people in their twenties that want to stay in this neighborhood, that were raised here. . . They simply can't believe that there's nothing even under \$200,000 they can purchase. Even with their parents mortgaging their homes for large down payments, the kids can't afford it."

Evidently, finding an affordable place to live, in Bernal Heights or anywhere in San Francisco, will continue to be the buyer's number one problem, earthquake or no earthquake. Although market forces will continue to prevail over natural ones in the real estate world, don't be surprised to find earthquake safety information included in future property listings.

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The Earthquake

see the fire in the Marina . . . it was awful, but it was spectacular . . . all the neighbors came and sat in front of our house to watch the fire because they were scared to go back in their houses . . . Our house was built in 1903 . . . it's still standing, but there's cracks. I'm worried about the foundation. It doesn't look like it's crumbling, but I don't know . . . I've been feeling aftershocks . . . I get depressed, I start crying, and then I start laughing . . . Last night I woke up screaming three times."

Ophelia Arnold, Owner, Obsessions: "We had some customers. Everybody was screaming. . . It was kind of a mess, but that's not important. . . the most important part is that I'm OK, that everybody's OK. . . For some reason this building is kind of sensitive. Every time a big truck goes by the building moves. . . After an earthquake you always feel as if another one is coming . . . you feel insecure."

Now, nearly two months later, when things are nearly back to normal, we can take a moment to assess the damage to the city as a whole. Here's a sampling of reports gleaned from other neighborhood newspapers:

The Marina

After evacuating more than

100 quake victims from Marina homes in two days, a free-lance search and rescue team were forced to halt. . . when the Red Cross withdrew sponsorship. . . Todd Thompson and John Campbell, joined by John Kirk of the Haight, were on their way back to get those they had promised to help on the last trip, when they were forced to stop. . . At three o'clock Thursday, they watched from behind police barricades, anxious and frustrated. "We are concerned for the people's welfare," said Thompson. "We don't care who does it. They pulled us out, but no one is taking over." Shortly thereafter, television anchorman Sam Donaldson was . . . interviewing Agnos. Kirk shouted to him, "What about those people still in there?" The Mayor heard, and arranged for 18 inspectors and 18 paramedics and nurses to take care of the immediate problem of removing trapped occupants.

—Erin McNeill, *The Marina The Mission*

Within a few months, quite a number of changes may be expected in the landscape of the Mission. Perhaps the most striking is the prospect that the cavernous Mission Armory, which sustained severe structural damage

on the 14th Street and Julian Street sides, will have to be demolished. . . the quake also aggravated existing toxic conditions at the site, including not only asbestos, but an accumulation of years of poisonous debris including oil from military motor vehicles and lead from the indoor target range . . . Among the other Mission landmarks that sustained notable damage were the Mission Library which remains closed . . . the Woman's Building . . . and Dovre Club on 18th, and Golden Gate Lutheran Church across from Dolores Park . . . the historic Malvina Building on 11th and Folsom . . . is cordoned off and probably will have to come down.

—Brian Doohan and Victor Miller, *North Mission News*

West Portal

"I just moved out here from Kansas with my husband. I was hanging curtains and everything started moving. I didn't even know it was an earthquake because I had never been through one. My husband said 'RUN!' Then all the glass started shattering and cracking. In Kansas we have tornados, but there is always a warning. People go into their basements or lie in ditches because a tornado won't dip down into ditches but

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Community Violence

existed in this country. H. Rap Brown once said that "Violence is as American as cherry pie," and there is evidence to support that point of view. Ask any Native American.

No, the roots of violence go much deeper than any contemporary social situation, however nightmarish. Two of these roots have names. Racism and Sexism: the cockamamie destructive notion that another human being's life is somehow worth less than one's own because of his or her race or gender.

While we who live in Bernal Heights often pay lip service to our neighborhood's "wonderful diversity", we hold fast to our prejudices. Some of us believe that if we say "gracias" to a Latino or "salamad" to a Filipino, that we are betraying the English language and American culture. Some think that violence is a necessary part of a love-relationship. Some believe that dark-skinned people are less intelligent than light-skinned people. The ugly list goes on and on.

Most of us try to live in peace with our neighbors. We see nothing wrong with keeping our distance during what we see as "ordinary times", as long as we're willing to help in a crisis. But as violence in our community increases, we must face the fact that these are not ordinary times, and that the old ways are not working.

Prohibition was, and is, a failure. We can't stop a relative handful of people from excessive drinking, or making violent movies, or from indulging in criminal behavior. The time has come for us to focus on the rest of us, and those aspects of our problem that might actually have a solution.

Racism. Sexism. Get rid of those two attitudes, and huge chunks of violent behavior will simply disappear. We will look at our neighbors, and ourselves, with a fresh perspective, one not based on traditional prejudices, but with a new sense of respect and common purpose. We will renew our hopes for the future. We can't keep evil out of the world, but we can eliminate prejudice from our selves.

What do you think? Call, visit, or write to the Bernal Journal, and we'll print your responses in the next issue.

Cortland Avenue BofA Branch Robbed

On Saturday, November 18, just before closing, a ski-masked gunman entered the Cortland Avenue Branch of Bank of America. According to preliminary reports, he forced the terrified employees to lie on the floor, and demanded

that one of them open the safe. After taking an undisclosed amount of cash, he escaped on foot up Wool Street. Although silent alarms were triggered, and the police summoned, they arrived too late to capture the thief.

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Bernal Heights Controls Itself

by Charles Bolton

In October, the Bernal Heights Building and Zoning Committee negotiated an agreement with a diverse group of Bernal Heights residents that ironed out details and interpretations of the proposed Building Controls. This final agreement, put together with the help of Supervisor Nancy Walker and the San Francisco Community Boards, paves the way for the public hearing process to begin with the Department of City Planning and the Board of Supervisors.

Amy Love, a co-chair of the hill-wide group, said that the resolution of differences was "a positive first step in developing fair building controls that will meet the needs of existing homeowners and owners of vacant lots. This proposed legislation will make it easier for many people

who own a small house to add extra bedrooms to meet the needs of growing families. It will also limit the size of new homes and help preserve views and open space without the restrictions of the current building controls."

The existing legislation was enacted by the Board of Supervisors two years ago as a temporary measure after residents of the East and Northwest Slopes raised a storm of protests over the size of new homes. Many were dissatisfied with the emergency controls.

The new proposals are less restrictive on remodeling than the current, while establishing standards for new construction, parking, and demolition. Some provisions call for rezoning of certain blocks from RH-2 (two-unit apartments) to RH-1 (single family use). The City Planning Commission will review the proposed rezoning to ensure that public

welfare is served by the changes and that they are consistent with the City Master Plan criteria supporting preservation of neighborhood character, open space, historic buildings, and affordable housing.

These proposals were voted on by a majority of 300 residents attending a community meeting on April 25 at St. Kevins. In addition, the plan has been reviewed and approved by a variety of other Bernal Heights groups. After the City Planning Commission holds public hearings to review and approve all aspects of the plan, the Board of Supervisors will conduct more hearings before the plan can be voted into law.

For information about the specifics of the plan, including a map of the affected areas, call Jim Ilnicki at 282-3262, Alan Bruce at 285-8857, or Andy Segal at 695-0375.

Barbara Garcia's Alemany Notes

Earthquake Notes: I jumped up from my desk on the second floor of the building where I work at Market and Valencia Streets. As I stood in the doorway, my first thoughts were a thank-you that my daughter and her baby were safe in Texas. Then came the fear. I thought I was going to die, and, for most people I spoke with, it was the same—thoughts of loved ones followed by a wave of fear. For Alemany residents, the fear was the worst of it. Our apartments survived without noticeable damage, and the 67 bus, our lifeline to the world outside, kept right on schedule, during and after the Quake of '89.

Muni Notes: And speaking of Muni, how about having the fast passes be good through the first of the following month? I know a lot of people who get paid late on the last day of the month or by mail on the first. I buy my Fast Pass at the place where I cash my check on the first of the month. That means I have to pay 85 cents on my way to buy my Fast Pass. How about it, Muni? Give your Fast Pass customers one day of grace!

Crime and Punishment Notes: Everyone knows that the jails are doing a poor job of rehabilitation. I suggest that any person who goes to jail who hasn't graduated from high school be given the opportunity to get a GED before their time is up. For those who have high school di-

plomas, college credits could be offered. They say it costs \$20,000 a year to keep someone incarcerated. Sounds like the inmates aren't getting their money's worth!

Neighborhood Notes: Welcome home to LaToya Fulbright, age 6. She was in St. Luke's Hospital for four days. I hear she kept the nurses company on the night shift. . . Our sympathy to the wife, 13 children, 29 grandchildren, and 16 great-grandchildren of Mr. Booker T. Hoskins, who died on October 25. He always had a friendly word, and was always willing to do a favor. He will be missed, not only by his family, but by all of us who knew him. . . Looks like rehabilitation might really happen. The families affected by Phase One have been moved to the empty apartments. We are waiting to see if the SFHS upholds their promise to write in a "Hiring of Residents" clause in the contract. . . And, finally, back to earthquake preparation. I'm better prepared now. I have a flashlight, radio batteries, and a ready gallon of water. But the biggest danger after a quake is leaking gas. I don't know how to turn off my water and gas. I think we all need to ask the Housing Authority if they have made plans for the next earthquake, and if there are things that we tenants need to know to protect our lives and property . . . **Happy Holidays to all my friends and neighbors!**

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Cleaning Up

income people for damage unrelated to the quake.

Mike and Sean can also help with seismic upgrading: "We'd like to encourage people to contact us about retrofitting, which is another way of saying preparing the physical structure of a house to endure a much larger earthquake."

They both feel that the neighborhood public housing projects—Army/Harrison, Alemany, and Holly Courts—have all been built recently enough to include fairly high construction standards. Hopefully the pending rehabilitation projects at Alemany and Army/Harrison will include attention to earthquake preparedness.

Mike and Sean caution pub-

lic housing tenants to stay organized around this issue, and keep in contact with housing advocacy groups around the city. As Mike Noon reminds us, "Politicians and their political staffs have a very short-term view of reality."

If you have any questions, Sean and Mike will be glad to talk with you. All services are bilingual. Call the BHCF at 648-0330. Here are some other phone numbers that might prove useful:

Federal Emergency Management Agency (FEMA)—

1-800-462-9029

State Licensing Board—

469-6200

Better Business Bureau—

243-9999

The Small Business Administration has assistance programs available for businesses that suffered earthquake damage. Call them at 744-6820.

Feliz Navidad y Prospero Año Nuevo!

Small Business Advisory

by Claudia Viek

Q: I am thinking about starting a small neighborhood-based retail business. How do I know if my idea will work? How much money will I need before I can start up? *M.A.F., Elsie Street*

A: I am assuming that you have perceived a need for your business and reviewed the competition in other neighborhoods. To continue your preliminary market research you should contact the appropriate retail association for your business. The Bernal Branch Library has an Encyclopedia of Associations to help you. But, before starting any new business venture, retail or otherwise, you should interview at least 20 business owners in both related and unrelated fields about their experiences. Do not hesitate to talk to potential competitors! Most of the time you will find that they are willing to share information. Here are five questions to ask:

1. How did you get started?
Did you start alone, or with a partner?
2. How important was capital—both starting and working capital?
3. What prior experience did you have?
4. What mistakes did you make?
5. What advice would you give

me if I were to start now?

Always remember to send a Thank-you note. Eventually, you may want to include some of the business owners you interviewed in a support network to advise you during your start-up phase. Good luck!

Claudia Viek lives in Bernal Heights, and is the Executive Director of San Francisco Renaissance, an organization committed to increasing small business ownership in the city. If you have a question for Claudia, write to her in care of the Bernal Journal, or call Renaissance at 863-5337.



Head Start Program Fights for and Wins Reprieve

Faced with the threat of closure because of alleged financial mismanagement by its former grantee, California Human Resources, Inc., Head Start was able to rally support from parents, elected officials, and neighbors, and find an interim grantee, Far West Labs. In an effort to prevent this problem from recurring, Head Start has enlisted the assistance of Congresswoman Nancy Pelosi, whose

office will launch a full investigation of CHRI. For more information, call Michel Yaki from Ms. Pelosi's office at 556-4862, or Head Start at 285-2002.

Enjoying their lunch at the Cortland Avenue Head Start are Maria Elena Pabon, Teacher's Assistant Aura Jimenez, Glenda Gomez, Fernando DeLeon, Kevin Anaya, and Sara Phillips.

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Bernal Hill Sidewalk Astronomer

by Tom Kellogg

The winter sky presents us with a treasure chest of brilliant celestial jewels. Orion, in the East, is a good place to look to see some of the finest jewels. Not only is it easy to see the figure of the hunter with belt and sword, but this constellation holds some of the most awesome stars and nebulae of the heavens. Nearly all of the brightest stars of Orion are among the most distant and largest stars in the sky. Betelgeuse (pronounced beetle-juice), the right shoulder, is a red giant star whose diameter is four times larger than the diameter of the Earth's orbit! It would take over four hundred years to travel around it going at the speed of a jet airliner. Rigel (the left knee) and the three belt stars—Mintaka, Alnilam, and Alnitak—are all white giant stars with distances of 900 to 1600 light-years away from Earth. Most stars we see are less than 500 light-years away. Of the dozens of gaseous nebulae found in Orion the most spectacular and most likely to be seen from Bernal Hill is M-42, "The Great Nebulae of Orion". It surrounds the middle star of the sword hanging from the right side of his belt. Located around 1700 light years away, its diameter is more than 20,000 times the di-

ameter of our solar system. It is a vast swirling gaseous cloud where the giant stars of that stellar neighborhood are being born.

The term "winter sky" refers to the set of stars we see in the evening hours during the winter. But with 14 hours of darkness in December and January, we can actually see nearly all the seasonal stars in one night. At 5 pm the late "Autumn" stars appear after dusk. By 8 pm the Earth has rotated 1/8th turn on its axis, at which time the "Winter" stars announce through the crisp air that:

*this is the stargazer's
time of year
to peer long and gleefully
into the vast heavens!*

By 2 am the Earth has rotated a quarter turn further, and the set of stars above are the ones usually seen on spring evenings. Jump in bed and get up by 7 am for the pre-dawn stars. By this time the Earth has rotated nearly another quarter turn further, and the "Summer" stars above open up the galactic window, through which we can see thousands of galaxies many millions of light-years away (see June/July '89 BJ).

Now for the news on the planets. Watch for Venus to leave its long-held position above the sun-

set. During the first two weeks of 1990 it will move toward a position between the Earth and the Sun. By the end of January it will appear in the morning sky. Its image through a telescope will be large and crescent-shaped. Jupiter is above and to the west of Orion in Gemini. Jupiter is a marvelous object for telescopic observations, and even binocu-

lars reveal its moons. Try it tonight! Jupiter is the brightest celestial body in the whole sky after Venus. Venus is far in the west, and Jupiter is far in the east during the winter evenings.

I'd love to hear from you so I can get a sense of who my audience is. Write to me in care of the BJ, or talk with me on clear nights when I bring my telescope to Safeway's

parking lot, or at the corner of Eugenia and Winfield Streets. Another community resource for those interested in learning more about the stars is the San Francisco Amateur Astronomers. We meet every third Wednesday, and hold a star party on Mt. Tamalpais every month on the Saturday closest to the new moon. With an eye on the sky, your neighbor, Tom Kellogg.



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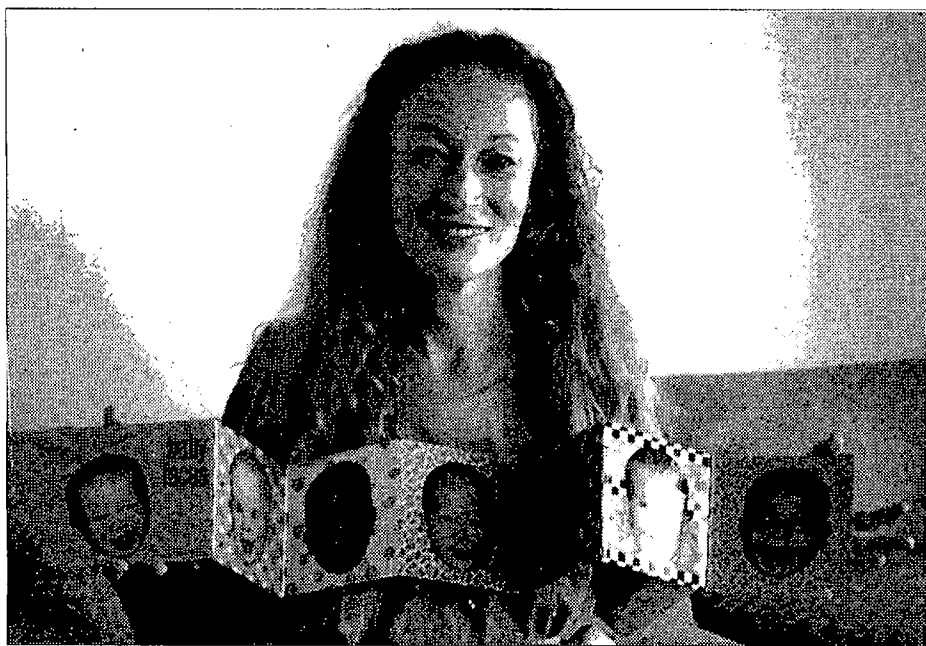
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Bernal Artist: Jayne Wattenberg



Jayne Wattenberg proudly displays her first published children's book.

Jayne Wattenberg, professional photographer, teacher, and neighbor, has just produced her first children's book. Three years in the making, *Mrs. Mustard's Baby Faces* represents an exciting new direction for her. The book, which is aimed at children between the ages of four months and four years, is constructed like an accordion so that it stands up

on its own, and shows large photographs of "cranky, crabby, crying babies" on one side, and "happy, jolly, beaming babies" on the other.

Jayne took hundreds of photographs of more than 50 babies before selecting fourteen for her book. She designed the backgrounds from swatches of fabric that would create a bright jazzy

environment for the pictures. After showing her book to several New York publishers without success, she was able to convince a local company, Chronicle Books, to give her a chance.

So far the response has been excellent. Her book appears to be heading for a second printing, and she has already completed work on another book, *Mrs. Mustard's Beastly Babies*, which is scheduled to be released in the Spring. "I submitted the art for Book 2 just two hours before the Earthquake," she told us.

Look for Jayne Wattenberg's children's books at your favorite bookstore. Support your neighborhood artists.

Emma Torres: from BJ to TV



told us. "I spent ten years working for commercial television in Los Angeles. Not many working people, or people of color appear on network TV, although it is different behind the camera."

Emma's responsibility is to find programming that serves the different ethnic groups in the community. "We

Emma Torres, neighborhood resident and former Copy Editor for the *Bernal Journal*, is now a Programming Consultant for a brand new television station, KCAH-TV, Channel 25, in Watsonville/Salinas. Supported by the California Community Television Network (CCTV), the Affiliated Media Foundation Movement (AMFM), and the Association of Community Organizers for Reform Now (ACORN), KCAH is the first community-based television station in the country.

"I've always been concerned about access to the media for low and moderate income people," she

want to make it multi-cultural, and bring people together around the common issues. It's really about using the media for community organizing. KCAH is an experiment in TV as an active tool, and I'd like to see the experiment succeed. I think it can be a model for other stations, and someday lead to a national network of these kinds of stations."

KCAH-TV went on the air on November 19. For more information call CCTN in Oakland at 261-2323, or in Watsonville at (408) 724-2011. You'll probably find Emma Torres eating breakfast at Toni's Tradewinds Cafe.

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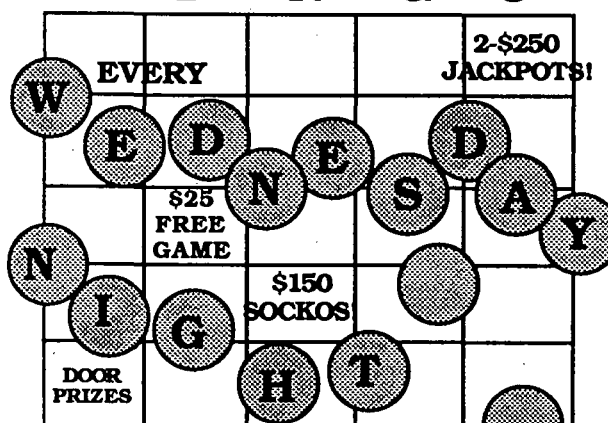
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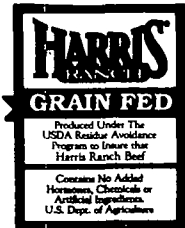
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Our Library Shakes but Doesn't Break

by Dorothy Coakley,
Children's Librarian

Just before the October 17 Earthquake, Angelo Micco stopped by the Bernal Heights Library. Angelo and his brothers, Joseph and Frank, were born in the house that is now occupied by Toni's Tradewinds Cafe, and he had come across the Bay Bridge to visit his old neighborhood on his ninety-second birthday.

We had a good time chatting about the school that occupied this site before the Library was built. He told us about the Great Earthquake of 1906, when he was a child. His family came back to Bernal to stay with friends because their house on Leavenworth was unsafe. He theorized that Cortland Avenue didn't suffer as much damage as most of the city because it was built on bedrock.

On October 17, when our quake hit, the first thing I thought about was Angelo's comment. In fact, although we all felt the quake very strongly, those of us working in the library underestimated its severity. Several patrons asked reference questions after the quake, and we helped them find the answers. We dutifully re-

corded statistics for our reference survey, and listed checked-out books on sheets of paper since the computers weren't working. We turned on a radio for news, and heard announcers at the World Series carrying on what sounded like a pre-game dialogue. Although we felt rather foolish for closing the library 45 minutes early, we decided to go home to be with our families in case more quakes began. Driving south on Highway 280 was a bit surreal. There were no cars. It seemed like everyone was watching the World Series and was off the road.

It was only later, as the dense smoke began to blanket the city, and the phones stayed dead long after the electricity had been turned on, and as people gathered around portable radios in the streets, that we began to realize the severity of the moment.

The Earthquake of 1989 will be remembered for many things—the sharing of strangers, the suspension of parking fees and bridge tolls—all sorts of memories. But for the staff of the Library, one important memory will stand out. Our building was safe. Angelo Micco was right about Bernal Heights. It's built on bedrock.

Northwest Bernal Block Club Wins Victories

by Charles Bolton

The North West Bernal Block Club (NWBH) has been active the last six months working to make the areas bounded by Cortland, Bonview, Stoneman, Folsom, Army, and Mission Streets a nicer place to live. In the spring we got the Ingleside Police Station to increase police patrols in the area to discourage burglaries and car break-in/vandalism.

In March we asked Norman Bray, the City Traffic Engineer to re-open a left turn lane at Mission and Army to discourage motorists from using Precita as a shortcut to making an easy left turn onto Mission Street. Although they refused at first for reasons of traffic safety, they did agree to put stop signs at a number of dangerous intersections on our hill, including Elsie and Esmeralda, Coleridge and Coso, and Eugenia and Virginia. They further agreed to put speed warnings on the steep Coso Street hill and Virginia Avenue, and to experiment with large special mirrors at Winfield

and Coso for cars turning left on to Winfield.

Finally, last July, angry residents convinced Norman Bray to open a protected left turn lane with a left turn signal arrow at Army and Valencia Streets. This will allow cars travelling west on Army Street to turn left at Valencia to get to Mission Street. The City also agreed to changes in traffic direction and other measures to discourage Army Street drivers from using Precita Avenue as a shortcut. Neighborhood residents lobbied the Board of Supervisors Public Works Committee so heavily that on November 13, 1989, the measure was passed without further discussion or testimony.

In October, the Block Club obtained an agreement from the Department of City Planning to inform and consult with the community regarding any large-scale commercial development of the Mission-Army area.

The NWBH has also assisted

their neighbors in the Elsie/Virginia Street area to plant a public garden, and is currently campaigning to get better street cleaning services: Beverly Bagdorf, Jan Botza, Joe Brunchon, Buddy and Jeanne Tate-Choy, Augie and Prue Cinguegrana, Merle Goldstone, Christina Majewsky, Vernon Mathews, Doyle McGowan, Desiree Piazza, Jennifer Segal, Bill Shields, Tricaricao, Rob Towle, Mr. and Mrs. Uribe, and John Williams. These people attended meetings, delivered flyers, collected petition signatures, called city officials, and had the persistence to make the City help us solve our problems.

Help make our neighborhood a nicer place for everyone to live. Come to the next meeting of the Bernal Block Club on Tuesday, January 9, 1990, at 7:30 pm, in the Cafe Commons at 3161 Mission near Precita. Call 647-8861 for additional information.

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Health Focus

by Jeanette Conley, RN

Stress and Trauma – Nutritional Relief

The earthquake that rocked us all has left some of us emotionally and physically stressed. I would like to point out that sleeplessness, irritability, and reliving the experience over and over again is common for most people. Here are some steps to take to alleviate this stress.

First, take time out for yourself. In today's world, many of us have little personal time. We are very caught up in just getting through the day. It's important now to look inward. Try to get outside during your lunch break. Walk among the trees and enjoy nature. If it's not possible for you to do this, then at least spend some time in a quiet place talking with friends.

Often stress induces stomach upset. Eat right now and avoid problems later on. Eat slowly and avoid heavy rich foods, such as large portions of meat. Stay away from very spicy foods. Eat three healthy meals a day. Try not to eat dinner with a lot of noise surrounding you—especially the news or any violent action programs on television.

There are many herbs, vitamins, and minerals that can help you through this difficult time. For best results, consult your health care professional.

Jeanette Conley, RN is associated with The Emerald Edge, which offers many health-care related services, as well as discounted herbs and nutritional supplements. For more information call 550-0449.

Tension y Trauma – Alivio Nutritivo

Traducción:
Hortencia Zorroza

El terremoto que nos meció a todos nosotros nos ha dejado a algunos emocionados y físicamente nerviosos a tal punto que

estamos irritados y somnolientos pensando en la experiencia que ocurrió, lo cual es común para la mayoría de las personas. Aquí le sugiero lo que se debe hacer.

Primeramente piense en Ud. En el mundo moderno no tenemos mucho tiempo para nosotros mismos. Lo que debemos hacer es pasar el tiempo lo mejor que se pueda. Ahora debemos de reflexionar debidamente, tratemos de salir a la calle durante nuestra hora de descanso; camine entre los árboles, disfrute de la naturaleza; si le es posible, hágalo y también pase algún tiempo con sus amigos en algún lugar placido hablando con ellos.

Muchas veces la tensión nos afecta el estómago. Como debidamente y evite problemas para el futuro. Como espacio no comiendo platos muy condimentados, tales como grandes porciones de carne. Coma tres comidas al día solamente. Trate de no cenar con mucho ruido alrededor de Ud., especialmente noticias violentas en programas de televisión.

Hay muchas hierbas, vitaminas, y minerales que le pueden ayudar con su dificultades en el presente estado. Para mejor resultado consulte su Doctor.

Jeanette Conley, RN está asociada con "Emerald Edge" quien ofrece muchos servicios nutritivos. Para mayor información, llame al Tel. 550-0449.

Astro-Rap

by Jessica Murray



It has been a strange autumn under the stars, and this winter looks to be even stranger.

As mentioned in several previous *Astro-raps*, the unusual grouping together in the sky of Uranus, Saturn, and Neptune since last year has interested astrologers for a long time now. We have seen it coming and wondered, what will it bring?

Full Moons tend to heighten long term transits like these, bringing to a head tensions which have actually been festering since 1989 began. The October Full Moon on the 14th elicited the stock market surprise, which fulfilled the symbolism in one way: the extreme instability of our economy, despite an apparent strength.

The earthquake, suffered by our city as the whole country's

focus was riveted upon it because of the World Series (making it more than just a municipal experience) fulfilled the symbolism in an even more literal way: by exposing the actual instability of our foundations, despite their apparent strength.

To me, the fact of the Marina having been built on landfill is the ultimate expression of this. Saturn represents structures that the powers-that-be declare to be real and firm. Neptune represents illusions, facades. As we close up the decade, the governmental and economic false fronts will be exposed one by one.

For Astrological Consultation and classes, call Jessica Murray at 626-7795.

San Francisco Natural History: The Franciscan Region

by Barbara Pitschel

As Bernal Heights residents emerged virtually unscathed from our recent earthquake, some of us have paused for a moment of appreciation for our bedrock, Franciscan red-rock radiolarian chert. But what is the nature of this ground on which we live, and of the life it supports? To help answer these questions, I am indebted to the writings of local geologist Clyde Wahrhaftig, and the late native plant horticulturist James Roof.

The bedrock beneath San Francisco, some of Marin County, and some of the Coast Ranges, is known as the Franciscan Formation—bands of sandstone, melange, chert, and serpentine, running diagonally in a southeasterly direction. The narrow serpentine band forms the southern support for the Golden Gate Bridge, can be seen under the New Mint, and continues through Potrero Hill to Hunter's Point. Southwest of the serpentine is the wider chert strip, which can be seen on most of our red-rock peaks, as well as along

road cuts and other outcrops. This chert is comprised of the opal (silica) shells of radiolaria, one-celled marine animals. [Softer lime (calcium carbonate) shells of other marine organisms dissolved.] Over eons the shells of dead radiolaria settled out onto the ocean floor where they intermingled with red continental desert dust and hardened into layers of chert separated by thin layers of shale. More than a hundred million years ago, the North American Tectonic Plate was uplifted when the Pacific Tectonic Plate slid under it in an undersea volcanic/earthquake process called subduction.

Geological formations are the source of the inorganic components of soil, and are therefore one of the factors on which a region's vegetation is dependent. In his 1925 flora of California, Jepson postulated the Franciscan zone to extend from Monterey to Mendocino County, but Roof has demonstrated that the area extending from south of Muir Woods to the southern base of the San Bruno Mountains is unique, and should

be considered separately as the Franciscan region. Although the Marin portion of the Franciscan Region can preserve remnants of the fauna in large open space areas such as Golden Gate National Recreation Area, Roof points out that it is up to San Francisco and San Bruno Mountain to preserve the flora, because the Marin Peninsula has much less soil differentiation than that which created the botanical diversity that exists south of the Golden Gate. He considered that "the serpentine band was the most important soil type, followed by chert." Franciscan country is characterized by its so-called "barrenness", with no trees except in sheltered places—riparian and inland coastal sites, now mostly lost to development.

The heat of the valley and the prevailing westerlies cause summer fog and cold winds, which combine with the storms of winter to create conditions where trees do not grow facing the ocean. Early well-meaning settlers didn't understand this landscape, and many, like Sutro, planted trees on

the hills. But the hills are not bare; they are rich in plant and animal (especially bird) life, which is adapted to the slight cooling and watering effect of the passing fog. Natural precipitation from rain and fog is considerable, but tree planting on this open land causes the fog to be trapped, resulting in an additional ten inches of precipitation in the artificial microclimate, creating an altered (or as Roof says, "perverted") landscape where naive plants and animals cannot survive. Roof considered Mt. Davidson to have been the heart of the Franciscan floral region, which included the mountain range in the middle of San Francisco, and the spurs (including Bernal Heights) that extended from it. The old '49er cemeteries, home to rare manzanita species, have all been built over. Only our hilltops, a few steep (read difficult to develop) hillsides, and remnants of the botanically spectacular San Bruno Mountain remain.

If you would like to read more, I recommend *A Streetcar to Subduction and Other Plate*

Tectonic Trips by Public Transport in San Francisco by Clyde Wahrhaftig, 1984, American Geophysical Union, Washington D.C. It's everything its title implies; and an edited transcript of Jim Roof's insightful description of the Franciscan vegetational region in the May 1989 issue of *Yerba Buena News: San Francisco and San Mateo Counties*, the newsletter of the local chapter of the California Native Plant Society. Both publications may be found at Strybing Arboretum Society's Library in Golden Gate Park.

See what Wahrhaftig calls Bernal Heights' "spectacular exposures of chert", and observe winter aspects of our Franciscan flora while helping to preserve your neighborhood's natural areas. Come to work parties on the third Sunday of each month. For additional information, contact Barbara Pitschel at 282-5066.

Youth news



New Playground Threatened by City Bureaucracy

Ruby Kelson-Bremer, Roslyn Watkins, Antionette Coleman, Michael Mays and Sherry Mays enjoy the tire swing at the new playground at Coleridge Park. Unless the City's Park and Recreation Department honors its agreement to take over maintenance of this beautiful playground, these neighborhood children will no longer be permitted to play here. To help keep the playground open, call Diane Palacio or Susan Black of SF Park and Recreation Dept. at 666-7107.

The Tragedy

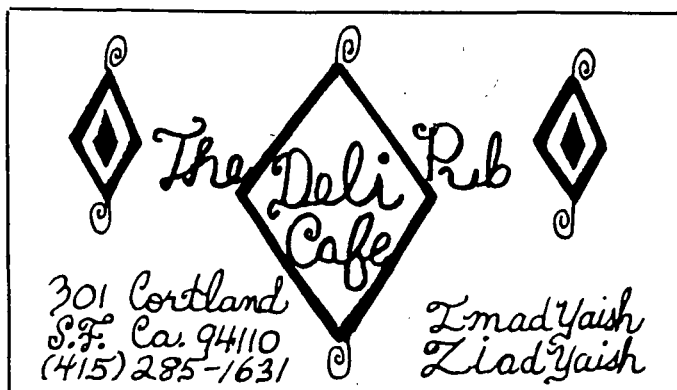
by Tamekao

On October 17, 1989 there was an earthquake. When the earthquake happened we was all in the Alemany Center. At first we thought that noise was coming from the outside from the kids hitting the window. But then we was all using the computers and then they started shaking. Then we all tried to run outside but then Earl stopped us and told us to stay in here and that everything was going to be all right. Then we all went home to check on our families and belongings. So then we all tried to watch the news and use the phone but all the electricity was blown out. So we had to light candles and wait until the power came back on. And then we heard

about the bridge on 880. Then we all thought about family and friends that was on that bridge and take the bridge. And about the houses and fires that happened in the Marina area. Some people that live in the Marina area live on top of landfill. And some people live on top of mountains that are homeowners have to pay a lot of money. A lot of buildings fell down and a lot of people was hurt. Some people couldn't go back to work because of the earthquake. Some crazy people went around busting people's windows, stealing their radios.

Well it's time to go now. Thanks for cooperation.

Tamekao



Feelings About Our Earthquake

by Liza Rivera, Age 10

This article is about how my friends felt about the earthquake on Tuesday, October 17, 1989. These are some quotes:

Liza Rivera, Age 10 (Me)
"I felt scared, nervous, and worried."

Angelica Tapia, Age 10
"I felt nervous."

Mary Mendoza, Age 12
"Scared at first, then calm."

Clarissa Rivera, Age 10
"Scared, and very nervous."

Marcie Yanez, Age 11
"Scared, nervous, and terrified."

Now you know how some kids felt about the "EARTHQUAKE".

Afterschool Services For Children

- Affordable Afterschool Care for Children 5-12 years.
- Extended childcare for kindergartners beginning at noon.
- Before school breakfast program.
- Morning and afternoon transportation from several SFUSD schools.
- High quality instruction in Arts, Discovery Room, and Outdoor Recreation.
- Special rates for low-income families
- Sliding scale
- Afternoon snack
- Christmas & Easter recess camps
- Multi-cultural learning environment.



(415) 826-6880

Jamestown Community Center

Youth Classified Ads

Youth Classified Ads are free to any person under 21 who is seeking employment. To place an ad call 648-0330.

Babysitting, Light Clerical Ninth Grader. Veronica Valenzuela. 282-3137.

Peggy's Place

by Peggy Turnipseed
Youth Organizer/Job Developer

I'm working on getting a GED Program started at the Bernal Heights Neighborhood Center. This will enable the youth that I'm working with to continue their education. When they receive their GED, they can go on to college. Look for this to happen by the early Spring.

David Cook from Plan and Action for Changing Time (PACT) has agreed to come to the Center in January to talk to you about college. PACT, Inc. is a non-profit corporation designed to provide an on-going educational talent search program. This service is free to assist low-income young adults applying for college and financial aid.

Speaking of college, Congratulations to Bennie Smith on his acceptance to Cornell University in Ithaca, N.Y. Good luck, Bennie! Your family, friends, and neighbors are all very proud of you.

In October I attended a San Francisco School Volunteers (SFSV) meeting funded by the Stuart, AT&T, and San Francisco Foundations. These foundations are working to improve the quality of education at the Middle School Level through direct action and program development.

True partnerships between the community and its schools developed slowly at first, and then burgeoned to include thousands of volunteers. Over the years SFSV has expanded to provide innovative program planning, along with direct volunteer assistance. This is something our young people need. Some of the new approaches are already being used at James Lick and Benjamin Franklin Middle Schools.

Out of twenty-one men and women that I referred for construction jobs, eleven were hired, starting work in November. They will begin as apprentices, and have the opportunity to become Journeymen.

I have been working hard trying to match people with jobs and companies, and it gives me great pleasure when I refer people for jobs and they are hired.

Don't forget about Friday Night at the Movies for youth at the Neighborhood Center, 7-9 pm. Call the Neighborhood Center at 648-0330 to find out what's playing.

If you have any questions, call me, or stop by the Neighborhood Center at 515 Cortland Avenue.

Bernal Heights Recreation Center

Moultrie and Jarboe Streets
695-5007

Staff John Connor Peggy Turnipseed

Monday
2:30 pm Youth Homework Help (all ages)

Tuesday
2:30 pm Youth Homework Help (all ages)
4:15 pm Arts and Crafts (age 6 and over)

Wednesday
2:30 pm Youth Homework Help (all ages)
4:15 pm Table Games (age 6 and over)

Thursday
10:00am Senior Citizen Club
2:15 pm Youth Homework Help (all ages)

Friday
2:30 pm Cooking Class (age 6 and over)
4:15 pm Youth Sports League (age 9 and over)

Saturday
10:00 am Kids Choice Sports (age 7 and over)
11:15 am Bake Sale (age 6 and over)
3:00 pm City Wide Youth Sports League
11:00 am* Special Outing (as scheduled)
*one outing per month

Four Food Programs Available to Senior Citizens

Nowadays, we all have to cut back to save money to make ends meet. Sometimes, preparing a hot meal for ourselves can be quite a task. Below is a few food and nutrition programs that seniors from Bernal Heights can take advantage of:

■ SHARE - More Food for Less Money. Every Month!

For only \$12 in cash or food stamps and 2 hours of community service work, you will receive a package of food worth \$25 to \$35. Call Joanna at the Senior Program, 648-0330.

■ Home Delivered Meals

Nutritious, hot lunches delivered to your home is available for senior citizens who find it difficult to prepare a hot meal. Meal services range from a \$1.50 - \$3.50

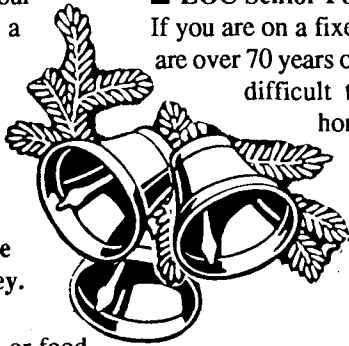
charge per meal. Call Vicki at the Senior Program at 648-0330.

■ EOC Senior Food Boxes

If you are on a fixed income and are over 70 years of age or find it difficult to leave your home, EOC has a free, monthly food box program for you. Call Mary at 648-0330 to apply.

■ Daily Hot Lunches

The Bernal Heights Senior Program welcomes seniors to enjoy a delicious lunch at the Neighborhood Center at 515 Cortland Avenue, each day, Monday thru Friday at 12:00 noon. The senior donation is only \$1.25 for lunches such as Roast Beef, Baked Chicken, Chili Verde and more!



If you've ever driven or strolled on Andover Street, you may have seen a short, jolly bald-headed man with a big white fluffy beard waving to you as he waters his garden. You take another look, and say, "Nah!" In his fire engine red turtle neck and black suspend-

year as he dons his costume to bring holiday cheer to school children and senior citizens in Bernal Heights and San Francisco.

A long time resident of Bernal, George currently is President of the Senior Advisory Council of the Bernal Heights Senior Pro-

Santa Claus Seen In Bernal Heights

ers, Bernal resident George Costuros is the spitting image of Santa Claus himself! In fact, George becomes Santa Claus each year as he dons his costume to bring holiday cheer to school children and senior citizens in Bernal Heights and San Francisco.

gram. His hard work, solid leadership and good nature has earned him the respect and friendship of many of his peers. When he's not in his red Santa cap, you can usually find George in his chef's hat, volunteering his time to help prepare and serve delicious meals at the Bernal Heights Senior Program's daily lunch program.

George will appear as Santa Claus at 3:00 pm at the Annual Christmas Boutique on December 3, 1989 in the Neighborhood Center at 515 Cortland Avenue. All children are welcome to meet with and talk to Santa on this very special day.

Very Merry Christmas Activities For Seniors

Sunday, December 3rd • Christmas Boutique • 10 - 4

A perfect opportunity to find beautiful, hand made Christmas gifts for your friends and family at old fashioned prices. Delicious food, too!

Monday, December 18th • Birthday Party & Dance • 10 - 2

Wednesday, December 20th • Christmas Luncheon • 11 - 2
Sign up in advance, space is very limited! Free for senior citizens.

Friday, December 22nd • Christmas Party • 10 - 1

More information: Call Vicki at the Senior Program, 648-0330



Thank you Bernal for your Help!

The Bernal Heights Senior Program's Canned Food & Clothing Drive for Earthquake Victims was a tremendous success. We brought over 4 carloads of food, clothes and other goods to help those left homeless by the quake. Thanks for caring.

Bernal Heights Senior Program
515 Cortland Avenue • San Francisco • 648-0330

Annual Christmas Boutique

Beautiful Crafts Handmade With Love
By the Bernal Heights Seniors

Bake Sale • White Elephant Sale • Snack Bar • Raffles
Christmas Sing-a-longs • And A Special Appearance from Santa Claus!

Sunday, December 3, 1989
10:00 am - 4:00 pm

Bernal Heights Neighborhood Center
515 Cortland Avenue (at Andover)
San Francisco

Santa Arrives at 3:30 pm!

Admission is Free!

Pet Express

SINCE 1968

(415) 821-7111

- ♥ **Boarding** For pets in large indoor-outdoor runs. Special care for special pets.
- ♥ **Grooming** & flea control. All breeds. Cats too! Hot oil treatments!
- ♥ **Shipping** To move your pet across town, across the country or world.
- ♥ **Gift Shop** Quality pet foods, travel kennels, treats, toys, beds & accessories.

Mandy & Clyde

OFFICE HOURS: Mon - Fri 7-7 • Sat 9-6 • Sun, noon-4
Come by & visit us at our new location:

♥ 1000 Iowa Street (Between 23rd & 25th) San Francisco, CA 94107 ♥

TELEPHONE 282-4775

KITTY'S RESTAURANT

HOME COOKING
BREAKFAST • LUNCH • DINNER
FOOD TO GO!

YOUR HOSTS
KAY AND LOUIE

3322 MISSION STREET
SAN FRANCISCO, CA 94110

new Bernal Journal

CLASSIFIEDS

Classified Rates: \$3.00 for three lines, and 50 cents for each additional line. To place a classified ad, call 648-0330.

Alexander Technique: Improve coordination, reduce muscular pain and stiffness. Call Nora, NASTAT, STAT certified, 647-2832.

Goddess Faire Your source for crystals, custom jewelry, and semi-precious stones. Now available for crystal parties and classes on use of healing stones and earth energies. Call Goddess Faire at 695-1964. Thank you.

Window Repairs. Broken glass, ropes, and putty replaced. Weatherstrip doors, small carpentry and painting jobs. Free estimates. I am always on time. City Window Service. 337-9327.

Little Peoples' Workshop A Bernal Heights Parents' Cooperative Daycare program has openings for children 18 months to 3 years. Hours are Mon-Fri, 9am-5pm. Monthly fee \$150. Parents work one day a week. 416 Cortland Avenue, 648-5156.

The Traveling Mechanic: Tune-ups, brakes, general repairs, foreign and domestic. 15 years experience. All work guaranteed. House calls. \$30 per hour. Georgio. 864-5747.

Accounting, Financial Planning, Taxes. Easy to talk to CPA will take care of all your financial needs. Tax & Financial Planning, Accounting Services, Investments, Incorporations, Partnership Agreements. We specialize in small businesses and individuals. **Free** house calls. Very reasonable rates. One half hour **free** consultation. 10% discount when you mention this ad! Call 282-7955.

Ski Lovers—Tahoe Getaway! Beautiful Tahoe home in prestigious Incline Village. Near Squaw Valley, Alpine, Heavenly and South Shore casinos. Large kitchen, 3 bedrooms, 2 baths, steam/sauna room, living room with fireplace, 2 decks, garage, all appliances, and laundry. **Call for special ski rates.** 282-7955.

Moderne Graphics/Desktop Publishing. Newsletters, Brochures, Business Cards, Menus, T-shirts, Letterhead, Newspapers, Logos. Let us communicate for your business! Very reasonable rates. **Free** consultation. 282-7955

continued from page three

The Earthquake

will jump them. This was completely different because there is no warning."

—Micky Norman, quoted in *West Side Observer*

Chinatown

Chinatown residents may be in for a shock bigger than the quake's initial jolt, as building inspectors begin more in-depth examinations that are expected to show the damage is more severe than originally thought. . . . Chinatown, one of the city's oldest neighborhoods, has a high percentage of unreinforced masonry buildings, which are highly susceptible to earthquake damage. Other neighborhoods in the same situation include the Tenderloin and South of Market. The three districts house the majority of San Francisco's low-cost rental housing stock and the long-term impact on the city's poor is unknown.

—Rachel Gordon,

San Francisco Independent Visitacion Valley

What happened is I just walked in the front door and the earthquake started. I ran to my father's desk and went under, and did the procedure the school taught me. I thought it was just a little shaker, but it kept going on so I screamed. I was terrified and very worried. My aunt came down and I thought no one was home so she

tried the electricity and it was totally out. We went outside and saw people swarming in the streets with their children. So I was worried for my mother, father, and even my brother, Kris. . . . Now I was on the verge of crying. . . . Just then my brother walked in. We checked our rooms, vases fell and pictures. China were all over. I decided to wait for my mom and she came and my father came. We lit candles and he checked the gas to see if it was leaking. I decided not to worry 'cause everything would be o.k. I went under my covers with a flashlight and a good book!

—Starlene Mangonon, 7th Grade, Our Lady of Visitacion School,

The Grapevine

The Richmond

It. . . appeared to hit the outer Richmond District the hardest. At least two apartment buildings on 20th and one on 23rd Avenue were declared unsafe due to structural damage by Bureau of Building Inspectors. At the Zephyr Cafe, Balboa Street and 37th Avenue, there was extensive damage, including broken windows and cracked walls, causing cafe owner Meg Kimuri and her friend Terry Cole to spend the night at the Cafe, fearful of looters. . . . Fortunately, there was little

continued on page fifteen



Earthquake Irony: This severe structural damage at the corner of Mission and Godeus Streets was not caused by the earthquake, but by a drunken driver coming out of the Safeway Parking Lot.

Bernal Bulletin Board

The Bernal Heights Community Foundation will hold its annual gala fundraising dinner on Saturday, December 9. The festivities begin with a no-host bar at 6 pm, followed by dinner at 7 pm. A special guest entertainer will appear at 8 pm. Tickets are \$50 per person, and are going **fast**, so call the Neighborhood Center at 648-0330 to reserve your place.

Is there violence in your home? Are you being battered by someone you love? WOMAN, INC. is an organization which provides services to battered women. WOMAN, INC.'s services include: a 24-hour crisis line, walk-in counseling, individual and group counseling, and assistance in obtaining restraining orders. All services are for both heterosexual and lesbian women. End violence in your life today. Call WOMAN, INC. at 864-4722. We need bilingual volunteers!

WOMAN, INC. es una agencia que ofrece servicios para mujeres golpeadas. Ayudamos con referencias para refugio, consejo, y asistencia legal. Ofrecemos servicios para mujeres en relaciones heterosexuales y lesbianas. Detenga el abuso en su vida ahora! Llámenos hoy al 864-4722. También llámenos si quiere ser voluntaria bilingüe.

The San Francisco Archives is soliciting your story of the 1989 Earthquake. Whatever you can put in writing for us, we'll gladly accept. Also, any photos of yourself and/or quake damage. These accounts and photos will be available for future generations to study and learn from. Until the Main Library in Civic Center is reopened, please mail your stories and photos to: Gladys Hansen, City Archivist, San Francisco Archives, c/o West Portal Branch Library, 190 Lenox Way, SF CA 94127.

Are you unemployed, looking for a job, and desire to improve your skills? Mission Language and Vocation-

al School (MLVS) offers **free** clerical training for low-income San Francisco residents. Learn basic word processing and data entry on state-of-the-art Macintosh and Wang computers. Our comprehensive program will provide you with the skills & training you need to make it in the clerical field. Classes in Typing, Filing, Ten-key Calculators, Office Procedures, Business English, How to Find and Keep a Job. **Free** Job Placement Services to all program participants. To apply, you must be 18 years old or over, a US citizen, permanent resident, or have current employment authorization from the Immigration and Naturalization Department. Qualified applicants may be eligible for childcare and transportation assistance. MLVS, 2929 19th Street, SF CA 94110, 648-5220.

Está desempleado y necesita trabajo, o solamente desea mejorar su futuro? Mission Language and Vocational Schools (MLVS) ofrece adiestramientos **gratuitos** de oficinista para residentes de San Francisco bajo ingresos, mayores de 18 años. Aprenda aspectos básicos de computación; e incorporación de datos usando computadoras Macintosh y Wang. Nuestro programa le facilitará con el conocimiento, habilidades, y destrezas necesarias para tener éxito en su trabajo. Clases de Mecanografía, Archivo, Computación, Procedimientos de Oficina, Inglés Comercial, Como Buscar y Mantener un Trabajo. El programa también incluye servicios de empleo **gratuitos**. Para poder inscribirse Ud. Necesita ser residente permanente, ciudadano, ó necesita tener permiso para trabajar en los Estados Unidos. En algunas casos se ofrece asistencia con transporte y cuidado de niños. MLVS, 2929 19th Street, SF CA 94110, 648-5220.

The East Slope Design Review Board will hold its

annual election meeting on Tuesday, December 12, at 7:00pm, at the Bernal Heights Neighborhood Center, 515 Cortland Avenue. The election is open, and all residents of the Bernal Heights East Slope are invited. Nominations are welcome. For more information call Terry Milne, 285-8978.

Buena Vista Alternative School is a unique Spanish immersion school in Noe Valley. Students are taught subject content in Spanish, and thus learn a second language as they study. Buena Vista features an integrated curriculum that provides a rich multicultural experience. We are actively seeking Spanish-speaking volunteers for classroom assistance, and Spanish- and English-speaking volunteers to tutor our children. For more information please call Maya Vasquez at 695-5875.

La escuela alternativa Buena Vista es una escuela única que ofrece el Programa de Inmersión al Español en el distrito de Noe Valley. A los estudiantes se les enseña todo el contenido del programa en Español y los estudiantes aprenden un segundo idioma al mismo tiempo. Buena Vista posee un programa de estudios integrado que provee una experiencia multicultural muy extensa. Nosotros continuamente estamos buscando voluntarios que hablan español para ayudar en las clases y voluntarios bilingües (Inglés-Español) para ayudar a enseñarles a nuestros niños. Para mayor información, por favor llamen a Maya Vasquez al 695-5875.

Bernal Heights Recycling Center is holding two special recycling drives to help support the Center, which has been adversely affected by dropping market values. The drive will be held on December 17 and January 7 from 11am to 4pm at the corner of Clipper and Noe by James Lick Middle School. For more information, call 282-0364.

ACTION JACKSON

Getting Things Done: Quake-Ready

The information in this special Action Jackson column has been re-printed with the kind permission of the American Red Cross.



American Red Cross

EARTHQUAKE PREPAREDNESS

Before Quake Guidelines

Family Preparations:

1. Meet with family to make disaster plans.
2. Hold an earthquake drill to assure quick reaction and to avoid injury and panic.
3. Teach responsible family members how to turn off electricity, gas, and water if necessary.
4. Tape a crescent wrench next to gas valve.
5. Secure water heater to wall; bolt heavy furniture, like bookcases, to wall studs.
6. Move large and heavy objects to lower shelves.
7. Maintain a week's supply of stored food, water and medications.
8. Take Red Cross First Aid/CPR.
9. Designate a safe place for family to meet.

Survival Items to Keep on Hand

1. First Aid Kit, First Aid Handbook, and Survival Guide in the front section of the telephone book.
2. Flashlight and portable radio with extra batteries, light bulbs.
3. Fire extinguisher.
4. Watch or clock—battery or spring wound.
5. Blankets and sleeping bags, heavy shoes.
6. Manual can opener.
7. Prescription medication and glasses.

Water Tips

1. Emergency water may be obtained from water heaters, toilet tanks, melted ice cubes and canned vegetables.
2. A suggested method for purifying water: Use 5.25% Sodium Hypochlorite (i.e. Chlorox). Read the label! **DO NOT** use solutions in which there are other active ingredients than HYPOCHLORITE.

	Clear Water	Cloudy Water
1 quart	1 drop	3 drops
1 gallon	4 drops	10 drops
5 gallons	¼ teaspoon	½ teaspoon

WAIT 30 MINUTES BEFORE DRINKING WATER.

Call your local Red Cross Chapter (415) 776-1500 for information on: Life Saving Skills, CPR, Home Health Care and First Aid Classes.

After Quake Guidelines

STAY CALM. Reassure others!

INDOORS:

Get under a table, desk or bed; or brace yourself in a strong doorway. Watch out for falling objects. Stay away from windows. Do not use elevators.

OUTDOORS:

Move to an open area away from buildings, trees, power lines, brick walls and falling objects.

IN AN AUTOMOBILE:

Pull over and stop in a safe area away from trees, powerlines and freeway overpasses. Stay in your car.

IF YOU MUST EVACUATE:

1. Post a message indicating where you can be found.
2. Take with you:
 - A. Medicine, glasses, first aid kit.
 - B. Flashlight, radio and batteries.
 - C. Important papers and cash.
 - D. Food, sleeping bags, blankets, extra clothing and toilet articles.
3. Make arrangements for care of your pets, either with neighbors or SPCA.

DON'T

1. Don't turn on electrical switches if you smell gas.
2. Don't touch downed power lines.
3. Don't use the phone except for emergencies.
4. Don't eat or drink anything from open containers near shattered glass.
5. Don't cook indoors. Use outdoor charcoal broilers.
6. Don't go sightseeing. Keep streets clear for emergency vehicles.

DO

1. Be prepared for additional earthquake "aftershocks."
2. Check for injuries/give First Aid.
3. Check fire hazards:
 - A. If you smell gas, turn off main gas valve.
 - B. Check electrical appliances and house wiring. If there is any damage turn off electrical power.
 - C. Wait for utility companies to restart gas and electricity.
4. Check the water pipes. If they are broken shut off the water valve.
5. Check the sewage pipes. If any are broken, do not flush the toilets.
6. Check building for cracks and damage, including the roof, chimney and foundations.
7. Turn on portable or car radio for information.
8. Open doors to closets and storage shelves carefully. Watch for falling objects.
9. Put on heavy shoes to avoid injury from glass and other debris.

(clip and save)

Action Jackson's Guide to People Who Can Help You Get Things Done

PART 3: THE STREETS

Bureau of Streets and Highways

Encroachment Permits
45 Hyde Street, Room 208
San Francisco, CA 94102

558-4828

Carl Lee, DPW

Street Construction Inspector—responsible for determining if utility construction has damaged the street and will require additional work.
554-5862

REPORT BROKEN STREETLIGHTS

SF Bureau of Street Lighting

554-0730

PG&E Street Light Repair

981-3222

PUC Light, Heat, and Power

STREET FACILITIES INSPECTION

Responsible for insuring that streets are not blocked and are maintained by contractors. If contractors cut the street for construction and do not leave the street as they found it, or they park their concrete trucks and earth haulers on your sidewalk and break it—call these guys:

Bureau of Engineering
Department of Public Works (DPW)
Room 355
City Hall
SF CA 94102

Tom Tsuyuki, DPW

Inspector responsible for verifying damage to street infrastructure by construction vehicles or activity. Determines whether contractor forfeits bond to the City for damage to the street.

554-5864

Alec Pederson, DPW

Inspector—Responsible for controls on construction blocking the street or impeding traffic.
554-5815 or 554-5808

Their boss is:

Vitaly B. Troyan,
Chief Engineer
45 Hyde Street Room 200
SF CA 94102

REPAIR OF STREETS AFTER PG&E HAS CLOSED UTILITY CUTS

Phil Dermond, PG&E
781-4211, ext. 53325

REPAIR STREET SIGNS

558-2096

OVERFLOWING SEWERS

SF Department of Public Health
3850 17th Street
SF CA 94110

558-2783

Part IV of
"Action Jackson's Guide"
will appear
in the next issue of the
Bernal Journal.

continued from page fifteen

The Earthquake

looting or crime in the Richmond District . . . Many other buildings also suffered damage, including the Asian Art Museum, the Palace of the Legion of Honor, and the Richmond Police Station. The Post Office on Sixth Avenue had to be closed down . . . Often, one side of the street showed no signs of major structural damage, while across the street, there was major structural damage and shattered windows.

—Paul Kozakiewicz,
The Richmond ReView

Potrero Hill

When the shaking stopped,

people came out into the Potrero Hill streets to assess the damage. With none visible, many of us were unaware for a time that this quake was of a somewhat different order from others we had experienced. . . There was a sort of comfort for those of us who remembered a three-year-old article by a former Hill resident, meteorologist Mike Pechner, reminding us that the rock on which our hill perches dates back more than a million years to the Jurassic period in geologic time.

—Vas Amartoff,
The Potrero View

Now we move on, try to get back to our regular routines. Earthquake or no earthquake, our rent or mortgage must still be paid, our children still need new shoes, the sun still feels warm, and the fog is still romantic. Our hearts go out to other neighborhoods that suffered terrible losses. We of Bernal Heights don't feel the least bit smug about our good fortune. We all know that, regardless of where we live or who we are, we all must listen when the Earth speaks.

restaurant

King Tut

delicatessen

Hot Plate Lunches Daily

Choice of three entrees rice and salad \$3.99

The only hot plate lunch on Cortland Avenue

All our meals are cooked fresh daily.

Try our HUMONGOUS sandwiches—enough for TWO!!
Delicious corned beef or real turkey breast sandwich. . . \$2.25
liverwurst sandwich \$1.99

BEST SELLER—Giant Hot or Mild Louisiana Links. . . \$2.60
with cheese. . \$2.85

Great Burgers!
1/3-pounder \$2.15
Double (2 third-pounders) \$3.35 with cheese
Special Double Cheeseburger in a soft French roll. . . \$3.50

Holiday Special--Tasty, deep-fried Corn Dogs only 79 cents

In our place you can have a beer for a dollar while you enjoy your tasty fresh food!! Sodas only 55 cents

We make the best home-made Falafel in the city!!!

We also have a nice
assortment of deli
meats and cheeses:

Meats	Cheeses
Roast Beef	Swiss
Corned Beef	Provolone
Danish Ham	Sharp Cheddar
Pastrami	Monterey Jack
Turkey Breast	Hot Pepper
Salami	Jack
Liverwurst	

Party Trays

Catering for any size party from 10-500.
Middle Eastern or American.
Our specialty is Falafel and Hummus
cooked fresh to your order!

Reasonable rates

Pleasant family dining atmosphere

for Fast take-out service call 648-2146
Hours 8:30am-7pm Closed Sundays
803 Cortland Avenue at Ellsworth

HAPPY HOLIDAYS TO ALL OUR NEIGHBORS!!!